Welcome to Bolinda.
Learning is a lifelong experience.
We look forward to sharing the journey with you.

We hope you find these suggestions useful and that your child’s start to school is a positive and happy one. Do not hesitate to contact us if you have a concern. We are here to assist in any way we can and welcome interaction between home and school.
Preps a new milestone.....

Both parents and teachers are very aware that children beginning school are passing one of the milestones they will meet on their way to adulthood and independence. Undue fears and tears can be avoided if parents plan experiences to prepare children emotionally for school.

There will be many new experiences for learning and discovery. Your child will be in a stimulating environment that allows for movement, investigation and discussion.

This is a time when your child needs your confidence and understanding. You can share in your child's growth through your interest in their school life, discussing the work they bring home and through your active participation in school events.

The First Few Weeks

School is a busy place and quite a change from a child's usual routine at home. New Prep children find school exciting and tiring. To assist in the transition to school life, Preps will not be required to attend on a Wednesday until the end of February. From March onwards they will attend all 5 days.

School begins at 9.00 am and dismissal is at 3.30pm. If your child catches the bus home they will play in the school ground until the bus arrives. A teacher will then escort them to the bus and ensure they safely aboard.

There are two breaks during the school day. The playtime break is from 11.00am till 11.30am. The lunchtime break is from 1.00pm till 2.00pm.

Lunches are eaten in the classroom under the supervision of the teacher. To avoid unnecessary anxiety in the first few weeks, it is a good idea to wrap the playtime snack separate from the main lunch. Water is the preferred drink and can be sipped in the classroom when required.
How Can You Help?

- Be enthusiastic. Children like to be praised for their effort.
- Read to your child regularly. Encourage them to try reading as they are ready. Draw your child’s attention to signs and writing on packets.
- Inform the school of any physical or emotional problems your child may have.
- Check school bags daily for,
  - newsletters, notes and circulars
  - lunchbox, drink bottle
  - a reading folder
  - all clothing that left home
  - articles that do not belong there
- Encourage your child by admiring, discussing and displaying the work brought home.
- Realise that all children are individuals and develop in different ways and at differing rates and should not be compared mentally, physically, socially or emotionally with other children.
- Remember that your child’s first year at school is a year of preparation. Don’t become over-anxious or expect too much too soon. A great deal of preliminary work must be covered before children can read, write or spell.

- Arrange to talk with the class teacher if your child is having problems.
- On weekend trips or holidays encourage your child to take back things to discuss in the classroom.
- Name the letters of the alphabet. Encourage your child to write messages.
- Talk about the maths that the family uses as they go about their daily activities.
- Be involved in the activities of the school.
The First Day

**Be Positive**- If you have a positive attitude and look forward to the first day of school your child will probably do the same.

**Arrive on Time**- Arrive 10 minutes before the start of school. Your teacher will be expecting you and will show you where to hang your bag. Try not to be late as this can cause unnecessary anxiety.

**Leave Cheerfully**- Don’t linger. If you stay too long, children often sense that you are concerned and they do not settle. Most children settle quickly and are excited about their new and fascinating surroundings. Occasionally we have tears but these soon go once parents leave and the children become engrossed in the classroom activities.

**Discuss any Fears Before the First Day**- Commonly children ask, “Who’s going to pick me up from school? What happens if I can’t do something? Who will I play with? What if I need to go to the toilet?”
- Reassure your child.
- Visit the school for a look around.
- Attend the Orientation Day.
All these things help to make your child’s first day experience a positive and happy one.

Preparation

During the weeks before first term begins you can help your child by training them in habits necessary for school.
- Does your child know his/her full name, address and telephone number?
- Can your child put shoes on the correct feet and do up the laces?
- Can your child manage to take off and put on outer layers of clothing?
- Can your child recognise his/her own named clothing?
- Does your child know how to flush the toilet?
- Be aware that your child will have to undo a lunch box, unwrap a food packet, unscrew a drink bottle, get a drink from the bubble taps, know the difference between playtime and lunchtime.
- Play is an important part of learning. Encourage your child to play with other children, share and take turns and pack up when play has finished.
- Provide your with a rich background of nursery rhymes, stories and songs.
- Monitor what and how much TV your child watches and ensure they have adequate rest at night.
- Help your child accept that you will not always be there by leaving them with a friend or relative on occasions.
- Help to develop confidence in completing tasks by giving them simple duties to perform.
- Most importantly, talk and communicate together and set aside time to listen, play and read stories.